

Pregnant Woman



Pregnant Woman's Food Package*



Ask your
WIC clinic
about possible
choices.

EACH MONTH **YOU** WILL RECEIVE:

Skim, ½%, 1% or 2% Milk	5½ gallons
Breakfast Cereal	36 ounces
Juice Concentrate (frozen or shelf stable)	3 11.5 to 12-oz. containers
Eggs	1 dozen
Canned Beans	4 14-16 ounce cans
Peanut Butter	16-18 ounce jar
Whole Wheat Bread, Brown Rice, or Whole Wheat or Soft Corn Tortillas	16 ounces
Fresh, Frozen or Canned Fruits or Vegetables	\$10.00 worth

*Women who are expecting twins, triplets, etc. will get the amount of food in the exclusively breastfeeding package.